

WHAT IS CLAIMED IS

1. A compression strut, comprising

- a pre-loaded extension spring (1) having
 - a first end, and
 - a second end;
- a damper (4),
 - which is disposed inside the extension spring (1),
 - which has a housing (6) that is supported on the first end of the extension spring (1), and
 - which has a piston rod (8) that is extended from the housing (6) and movable over a damping range a and directed into the extension spring (1); and
- an operating element (5),
 - which comprises an actuating tappet (11),
 - which is joined to the second end of the extension spring (1), and
 - which is movable over a total range c that includes the damping range a of the piston rod (8) and a no-load range b of the actuating tappet (11).

2. A compression strut according to claim 1, wherein $b > a$ applies to the damping range a to no-load range b ratio.

25 3. A compression strut according to claim 1, wherein the actuating tappet (11) is disposed for displaceable guidance in a guide tube (10).

4. A compression strut according to claim 3, wherein the guide tube (10) is coaxially joined to the housing (6) of the damper (4).

5. A compression strut according to claim 1, wherein it is longitudinally adjustable.
- 5 6. A compression strut according to claim 5, wherein a first and a second abutment (13, 14) are mounted on the first and second end of the extension spring (1), with a first and a second holding bush (15, 16) being disposed in the first and second abutment (13, 14) for adjustment by threads (17, 18) that work in opposite directions; and
10 wherein the damper (4) bears against one of the first and second holding bush (15) and the actuating tappet (11) bears against one of the second and first holding bush (16).
7. A compression strut according to claim 1, wherein the damper (4) is a
15 hydraulic damper.